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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

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2HOUSEKEEPERS' CHAT

Friday, March 18, 1932

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(NOT FOR PUBLICATION)

Subject: "Chicken and Dumplings for Sunday." Information from the Bureau of Home Economics, U. S. D. A.

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It's been a long time since we had a chicken Sunday dinner. And now, what with pussy willows out and spring just around the corner and the date today actually March eighteenth, seems to me we'd better celebrate and treat the family to a spring-like chicken dinner this coming Sunday.

Fricasseed chicken with dumplings. That's the first item on the bill of fare as planned by our Menu Specialist. Fricassee, the dictionary tells me, is a word adapted from France, from the French word meaning to fry. But don't be fooled by that. Good American fricasseed chicken starts out as if it were going to be fried but finishes like a stew or a pot roast. First, you brown the pieces of fowl in hot fat. Then, you put them in the kettle with water and simmer until they're tender.

According to a good old custom, fricasseed chicken is served with dumplings. That reminds me of a story about chicken and dumplings -- a true story. There was once a young husband in our town who told his young wife that of all the dishes in the world, he liked dumplings best. So, of course, she proceeded to make dumplings for him. She got the very best recipe from the very best cook in town and she made the lightest, most delicious dumplings you ever tasted. But when she served them, her husband looked disappointed instead of pleased. And after he had had one taste he actually looked sad. Those dumplings, he said, weren't like the ones he was used to at home, the kind his mother made.

So the bride consulted all the good housewives in town and tried again. Once more the dumplings came out handsome, fluffy, light balls that would just melt in your mouth.

Still the husband shook his head and declared they weren't like mother's.

After several more attempts the bride was in despair. She felt that the dumpling situation might ruin their domestic happiness. She begged to make a visit to her mother-in-law and learn what the perfect dumpling was. Chicken and dumplings were served at the very first meal after the young couple arrived. Much to the bride's amazement, the dumplings were flat, soggy and dark. She was all sympathy for her mother-in-law. But her husband took

one look at them and shouted with joy.

"See those dumplings, Dorothy, my dear," he exclaimed. "That's the kind I like, the kind mother always makes."

"Well," said the bride, as she told the story to me later, "you never know in this world what will please a husband. You just have to live and learn. But who would have thought that the man of my dreams would enjoy soggy dumplings above all other food?"

That isn't the real end of the story. By a little skill and tact, the bride later convinced her husband that light dumplings not only tasted better but were more digestible.

I hope your husband was brought up to enjoy those that are light and fluffy for the recipe I'm going to give you today will make that kind.

But let's get back to the menu again. Stop me if I start off on any more stories. Fricasseed chicken with dumplings; Buttered corn; Spinach or some other green vegetable; Spring salad; Ice cream with fruit sauce; Caramel cake.

I don't know whether I can wait until Sunday. Just reading this menu has a prodigious effect on my appetite. Shall I repeat the dinner to be sure you haven't missed anything?

Fricasseed chicken with dumplings; Buttered corn; Spinach or some other green vegetable; Spring salad; Ice cream with fruit sauce; Caramel cake.

Spring salad is a combination vegetable salad made with crisp, colorful, flavorful vegetables to suggest spring. There's no hard and fast rule about what vegetables to use but here are some that will suit such a salad: Crisp lettuce, watercress or other salad greens; sliced cucumber; sliced green peppers; tomatoes; radishes; thin slices of onion or little green spring onions. French dressing for this salad. A bit of powdered mustard in it would be good.

Now the ice cream. Just plain vanilla ice cream or mousse frozen in your refrigerator will fill the bill. As for the sauce, well, many different preserves make excellent sauces for ice cream. Pineapple, strawberry, or cherry, preserves would be good. I know a man who likes orange marmalade melted and poured over ice cream. Suit yourself about the kind of fruit sauce you want. But please notice that, in general, preserves and marmalades are more suitable than plain canned fruit because they are sweeter and less juicy.

Now, if you're all ready set for it, I'll give you the recipe for fricasseed chicken with dumplings.

First, directions for preparing the chicken. Cut the fowl into pieces for serving, sprinkle with salt and pepper, roll in flour and brown in hot fat. Transfer the chicken to a kettle, add enough water to just cover it, and simmer until tender. Now, lift out the chicken onto a large platter and

keep it hot while you make the gravy. Blend 2 to 3 tablespoons of flour with a little cold water. Add some of the chicken broth, then combine this with the rest of the broth and stir over the heat until it is thickened. Add more salt if it is needed. At this point, put the dumplings in this gravy to cook.

Now, here are the ingredients for the dumplings: Five of them.

3/4 cup of sifted flour
2 and 1/2 teaspoons of baking powder
1/2 teaspoon of salt
1 egg, and
1/3 cup of milk
I'll repeat those ingredients. (Repeat)

Sift the flour, baking powder and salt together. Beat the egg, and the milk, and mix with the dry ingredients. Drop this mixture by small spoonfuls into the chicken gravy, cover tightly, and cook for 15 minutes. The cover must not be removed while the dumplings are cooking for if the steam escapes they will not be light.

When the dumplings are done, lift them carefully to the platter with the chicken and pour the gravy over all. An attractive way to arrange the platter is to pile the chicken in the center, set the dumplings in a ring around it and then add the hot gravy.

Serve the extra gravy in a bowl or gravy dish.

Monday: "Cooking to Save Fuel."